

deals

Now 2x monthly!

January 15–January 28, 2025

Scan to download!



2/\$6

Mary's Gone Crackers
Organic Crackers
selected varieties
5–6.5 oz

2/\$7

Wild Planet
Wild Albacore Tuna
selected varieties
5 oz

\$3.79

Grab these deals on your favorite drinks

Essentia Water
Alkaline Water



2/\$4

1.5 lt

GT's
Alive Ancient Mushroom Elixir
selected varieties



2/\$6

16 oz

So Delicious
Organic Coconut Milk
selected varieties



2/\$5

32 oz

LesserEvil
Organic Popcorn
selected varieties



2/\$6

4.6–6.4 oz

Cascadian Farm
Organic Potatoes
selected varieties



2/\$8

16 oz

Simple Mills
Almond Flour Crackers
selected varieties



\$3.79

4.25 oz

Muir Glen
Organic Tomatoes
selected varieties



2/\$3

14.5 oz

Food For Life
Organic Ezekiel 4:9® Bread
selected varieties



\$4.49

24 oz

Garden of Eatin'
Taco Shells
selected varieties



\$3.49

5.5 oz



Look for new deals on **January 29!**

**Maya Kaimal
Organic Everyday Dal**

selected varieties

\$3²⁹

10 oz



**Mike's Mighty Good
Craft Ramen**

selected varieties

\$1⁷⁹

1.6-2.4 oz



**Muir Glen
Organic Pasta Sauce**

selected varieties

2/\$6

23.5 oz



**Cobram Estate
Extra Virgin Olive Oil**

selected varieties

\$10⁴⁹

12.7 oz



**La Tourangelle
Grapeseed Oil**

\$7⁴⁹

16.9 oz



**Pacific
FOODS.**

Stock your pantry with delicious organic soups and broths from Pacific Foods. Pacific soups and broths are made with fresh, organic ingredients for wholesome comfort and a satisfying meal.



**Pacific Foods
Organic Soup**

selected varieties

\$3²⁹

16.1-16.5 oz



**Pacific Foods
Organic Broth**

selected varieties

\$5⁴⁹

32 oz

**PRIMAL
KITCHEN®**

Add bold, crave-worthy flavor to the real foods you love with Primal Kitchen Organic Unsweetened Ketchup, no-dairy Ranch Dressing, and Mayo with Avocado Oil. Our premium pantry staples are made with real ingredients like organic California-grown tomatoes and cage-free eggs for a classic taste that kids and parents love. No artificial sweeteners and no nonsense!



**Primal Kitchen
Dressing**

selected varieties

\$5⁷⁹

8 oz



**Primal Kitchen
Organic Ketchup**

selected varieties

\$4⁷⁹

11.3 oz



**Primal Kitchen
Mayo with
Avocado Oil**

selected varieties

\$7⁹⁹

12 oz



A Promise for Goodness

- Real, purposeful ingredients
- Mac made with organic pasta and 100% real cheese
- USDA Certified Organic snacks
 - Never, ever using artificial colors or flavors



Annie's Mac & Cheese
selected varieties



Annie's Organic Bunny Crackers
selected varieties

4/\$5

5.25-6 oz

2/\$7

7.5 oz

Coconut Secret Organic Coconut Aminos



\$4.49

8 oz

Pirate's Booty Rice & Corn Puffs
selected varieties



\$2.59

4 oz

Alter Eco Organic Chocolate Bar
selected varieties



2/\$7

2.65-2.82 oz

Larabar Fruit & Nut Bar
selected varieties



The Ginger People Gin Gins® Ginger Candy
selected varieties



\$2.29

3 oz

One Degree Organics Organic Sprouted Cereal
selected varieties



\$4.29

8-10 oz

Cascadian Farm Organic Cereal
selected varieties



2/\$7

8.6-14.6 oz

Catalina Crunch Keto Friendly Cereal
selected varieties



\$6.29

8-9 oz

2/\$2

1.6-1.7 oz



Organic India was born from determination to restore depleted land with traditional and regenerative organic farming practices. When the soil flourishes, when gardens flourish, when farmers flourish—we all flourish.



Organic India Organic Tulsi Tea
selected varieties

\$3⁷⁹

18 ct



Organic India Organic Psyllium Husk

\$11⁹⁹

12 oz

Wasa Crispbread
selected varieties



\$2⁷⁹

4.9–9.5 oz

Once Again Organic Tahini



\$6⁷⁹

16 oz

Navitas Organic Cacao Powder



\$8⁴⁹

8 oz

Jovial Organic Einkorn Flour
selected varieties



\$6²⁹

32 oz

Spectrum Naturals Organic Shortening



\$8⁴⁹

24 oz

Choice Organic Teas Organic Tea
selected varieties



\$3²⁹

16 ct

Celestial Seasonings Tea
selected varieties



\$2⁹⁹

18–20 ct

Teccino Herbal Tea
selected varieties



\$4⁷⁹

10–12 ct

nutpods Dairy-Free Creamer
selected varieties



\$2⁷⁹

11.2 oz

Santa Cruz Organic Organic Lime Juice



\$3⁷⁹

16 oz

R.W. Knudsen Organic Just Tart Cherry Juice



\$6⁹⁹

32 oz

**Aura Bora
Herbal Sparkling Water**

selected varieties

2/\$3

12 oz



**LaCroix
Sparkling Water**

selected varieties

\$3.99

8/12 oz



**Vita Coco
Coconut Water**

selected varieties



**De La Calle Tepache
Organic Mexican Soda**

selected varieties

2/\$4

12 oz



**Zevia
Zero Calorie Soda**

selected varieties

\$5.79

6/12 oz



2/\$4

500 ml

**KeVita
Organic Kombucha**

selected varieties

\$2.79

15.2 oz



**Brew Dr Kombucha
Organic Kombucha**

selected varieties

\$2.29

14 oz



**Native Forest
Organic Coconut Milk**

selected varieties

\$2.29

13.5 oz



**Vive Organic
Organic Functional Shot**

selected varieties

2/\$5

2 oz



**ROAR Organic
Organic Vitamin Enhanced Beverage**

selected varieties

\$1.79

18 oz



**Califia Farms
Barista Blend Oatmilk**

selected varieties

\$3.49

32 oz



**Chobani
Greek Yogurt**

selected varieties

2/\$3

5.3 oz



**siggis
Icelandic Style Yogurt**

selected varieties

\$1.39

4-5.3 oz



**Brown Cow
Cream Top Whole Milk Yogurt**

selected varieties

5/\$5

5.3 oz





BEYOND MEAT®

The positive choices we make every day—no matter how small—can have a great impact on ourselves and the planet. At Beyond, we've taken the animal-based meal off the table, while still delivering the meaty, plant-based, better-for-you meals you crave.



**Beyond Meat
Beyond Burger**

\$4.79

8 oz



**Beyond Meat
Beyond Ground Beef**

\$6.99

16 oz



**Beyond Meat
Beyond Sausage**
selected varieties

\$6.29

14 oz

**Earth Balance
Organic Vegan Buttery Spread**
selected varieties

\$4.99

13 oz



**Siete
Grain Free Tortillas**
selected varieties

\$6.79

8 ct



**Wildwood
Organic High Protein Tofu**

\$3.49

16 oz



Caramelized Onion & Aioli Beyond Burger

30 MIN-1 HR • SERVES 4 • VEGAN

INGREDIENTS

- 4 Beyond Burger patties (2 packages)
- 4 slices Daiya smoked gouda cheese
- 4 ciabatta buns
- Caramelized onions*
- 3 cups arugula
- Garlic aioli

DIRECTIONS

- 1 Cook Beyond Burger according to package instructions. 2-3 minutes before patty is finished cooking, add a slice of Daiya smoked gouda cheese and allow it to melt.
- 2 Toast ciabatta buns for 2-3 minutes. Top with Beyond Burger patty followed by caramelized onions and fresh arugula.
- 3 Spread garlic aioli on top ciabatta half and enjoy!

*Allow 30 min-1 hr for onions to caramelize fully.



**Field Roast
Sausage**
selected varieties

\$5.29

9.3-12.95 oz



**Gardein
Plant-Based Meat**
selected varieties

\$3.99

8.1-13.7 oz



Orgain
Organic Vegan Nutritional Shake
 selected varieties



\$2⁹⁹

11 oz

Jarrow
Saccharomyces Boulardii + MOS



\$25⁹⁹

90 vcap

DrTung's
Dental Floss



\$3⁹⁹

30 yd

Beekeeper's Naturals
Propolis Immune Support
Throat Spray



\$10⁴⁹

30 ml

Garden of Life
Dr. Formulated Probiotics
Once Daily Women's



\$28⁹⁹

30 cap

Country Life
Coenzyme B-Complex



\$13⁹⁹

60 vcap

Desert Essence
Toothpaste
 selected varieties



\$5⁷⁹

6.25 oz

Everyone
Hand Soap
 selected varieties



\$3⁷⁹

12.75

Flora
Super 8 Hi-Potency Probiotic



\$19⁹⁹

30 cap

Natural Factors
WellBetX® Berberine 500 mg



\$20⁹⁹

60 vcap

Andalou Naturals
Age Defying Resveratrol Q10
Night Repair Cream



\$17⁹⁹

1.7 oz

BioBag
Compostable Pet Waste Bag



\$3²⁹

50 ct

Mini Wild Albacore Tuna Sweet Potato Cakes

1 HR • SERVES 2

INGREDIENTS

- | | |
|--|------------------------------------|
| ½ medium sized sweet potato | ¼ cup shredded carrot |
| 1 can (5 ounces) Wild Planet Albacore Wild Tuna , undrained | 1 teaspoon lemon zest |
| 1 egg | 1 tablespoon chopped fresh parsley |
| ¼ cup breadcrumbs | Ground black pepper, to taste |
| 2 tablespoons finely chopped green onion | 1 teaspoon olive oil |

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut a sweet potato in half lengthwise and place one half flat side down on the parchment paper.
- 2 Bake for about 40 minutes or until the sweet potato half is soft when tested with a fork.
- 3 Scoop out the inside of the sweet potato half into a bowl and add the **Wild Planet Albacore Wild Tuna**, egg, breadcrumbs, green onion, carrot, lemon zest, parsley, and black pepper. Mix until combined, lightly breaking up the tuna while mixing.
- 4 Heat olive oil in a frying pan over medium heat. Shape about ¼ cup of the tuna mixture into a small round cake and cook in the heated frying pan for two to three minutes on each side or until golden brown. Repeat with the rest of the tuna mixture.

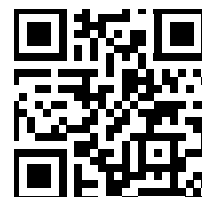


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As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

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SW-B